

Minuteman

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New beginnings for tree planting ceremony

By Chief Master Sgt. David Curtis,
Public Affairs

The 16th annual POW/MIA Tree Planting ceremony brought along with it a renewed spirit for the future as plans for a new memorial park to facilitate the tree planting were announced at this year's ceremony.

The Ceremony

The POW/MIA ceremony recognizes those who were prisoners of war and those who are still missing in action. Each year during the ceremony keynote speakers share their experiences and feelings about POW/MIAs and vow continued support in accounting for all those missing in action

from past United States military actions.

This year, Anne Purcell described her feelings when her husband Ben's helicopter was shot down in 1968. "For more than five years, I didn't know if I was a wife or a widow," she said. In 1970, she started working with the National League of Families of Prisoners of War and Men Missing in Southeast Asia. According to Purcell, the organization members along with her faith, family, and five children helped her make it until her husband was safely returned home after missing for five years. The Purcells currently live near Clarkesville, Ga., and have written

a book called "Love and Duty" that describes both of their experiences while Ben was a prisoner of war.

The tree planting is sponsored by the Air Force Sergeants Association and receives support from the Veterans of Foreign Wars to cover the expenses of the ceremony and reception. After the tree planting, the 150 guests were



Keynote speaker Anne Grant Purcell describes her experiences as a mother of five when her husband and Army pilot Ben was shot down and taken as a prisoner of war during the Vietnam Conflict. Today, they live in Clarkesville, Ga. (Photo by Don Peek)

invited to a reception at Verhulst Hall.

New Beginnings

Spearheading the tree planting for AFSA 16 years ago was Marietta resident Libby Scarberry. Still focused on the plight of families with those missing in action, she coordinates the tree planting with Dobbins ARB staff. Earlier this year, Scarberry found out about the new memorial park at a base meeting.

"It was like a dream come true," said Scarberry. In the past she had made several attempts to have a place set aside to recognize POWs and MIAs. The site of the memorial park is an approximately 2-acre site that makes up the triangle at the intersection of Atlantic Avenue and Fourth Street, near the Navy Clinic.

"It's going to be a beautiful park with great meaning," continued Scarberry. "This adds a new life to our tree planting ceremony."

I feel really good that we will be able to continue honoring POWs and never forget our missing servicemen until everyone of them has been accounted for."

With the planting of the first tree, the park is in the initial stage of development. Conceived by Dobbins Civil Engineering, the design, park name and its dedication date have not been finalized.



Libby Scarberry is assisted as she participates in the tree planting. She along with Marie Swanger, left, are members of local Air Force Sergeants Association auxiliary that supports the tree planting. (Photo by Don Peek)



A combined-service color guard begins the 16th annual tree planting in a new memorial park. (Photo by Don Peek)

Inside this month's Minuteman



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Family Day activities during September UTA offered fun for the entire family, Pages 6 -7.

Around the Wing



(Photo by Don Peek)

By Lt. Col. Jimmy Stewart
Operations Group, commander

The public affairs staff asked me to provide them with an editorial this month, giving my initial thoughts of our wing as “the new guy” on the block. First, let me say how impressed I am with the upbeat, “can-do” attitude of the people in our wing. It is refreshing to see so many people who enjoy and take pride in the work they do.

Everyone who helped me with in-processing was professional and extremely helpful. Additionally, The quality and cleanliness of our aircraft here at Dobbins is a direct result of the hard work put forth by the many specialists, crew chiefs, and quality control supervisors. It clear to me that all our maintainers take great pride in preparing “their” aircraft for flight.

The communication between operators and maintainers is also striking. In a weekly scheduling meeting, members of each group work effectively together to match mission requirements with aircraft availability. The teamwork here at Dobbins is not always present at other wings. I consider myself very lucky to have these processes and sense of mutual respect already established.

Additionally, I’d like to comment on the diverse members of the Operations Group. Since my arrival, I’ve been pleased to discover how blessed this group is with talent. Our aerial port is one of the finest in Air Force Reserve Command and Air Mobility Command. Our Airlift Control Flight provides AMC and our joint brethren with outstanding service in support of

numerous real-world contingencies and exercises. The 94th Aeromedical Squadron is loaded with talented young men and women often called upon by 22nd Air Force and HQ AFRC to help other units. Due to the 700th Airlift Squadron’s reputation as one of AFRCs premier C-130 air-drop units, they have been given the Herculean task of converting from an AMC operational unit to an Air Education and Training Command training squadron. Finally, my Operations Support Flight and group staff have been extremely helpful in working through the many issues associated with our mission conversion.

I’m sure you’re all well aware of the ongoing mission change. The reality of our new mission is that we will become an overflow training base. Little Rock Air Force Base, Ark., will remain the primary C-130 aircrew training location. However, as the Air Force increases its pilot production, Little Rock does not have the capability to increase its C-130 pilot production. It is up to the 700th AS to meet that challenge, and at the same time train navigators, flight engineers and loadmasters as well.

There are challenges associated with this mission change. In the operations group staff and flying squadron, most will lose their mobility positions. The nature of the new mission calls for less travel, and the missions will not vary much from day to day. For the instructors, this can lead to a slow erosion of skills and boredom.

There are also changes to the command oversight with 19th AF and AETC becoming our primary gaining Numbered Air Force and Major Command. Since several of our squadrons will remain AMC assets, we will continue to work with 21st AF and AMC. And as always, as a reserve unit, we work with 22nd AF and AFRC. In the past the NAFs and MAJCOMs have worked well together, however since they all have command specific requirements, the possibility exists for competing and/or conflicting demands placed upon us. There are other challenges as well, but the list would be too long to discuss them all here.

In order to meet these challenges, I see three keys to our success. The first is teamwork. All of the leadership within Operations Group and the Wing need to work together to make this transition as painless as possible for our members. Second, we need to take care of our people. We have very few tools available to recognize our people for outstanding perfor-

mance. One of these is the performance report. A few well-phrased lines documenting the performance over one year for officers, two for enlisted is a must. Taking care of our people means getting these reports in on time and doing a quality job in writing them. The other way to take care of our people is awards — military decorations, unit quarterly/annual awards and functional area awards. Taking the time to submit outstanding performers for their due rewards is part of the old adage “care and feeding of the troops.” Finally, we must remember to have a sense of humor and not forget to have some fun! Throughout my military career, the primary difference between us and the outside civilian world is the sense of belonging and the camaraderie that comes from being part of a military unit. Finding ways to make your job fun leads to greater creativity and productivity.

I leave the reader with one final thought. My father once told me, “any job worth doing, is worth doing well.” This is my philosophy for approaching the obstacles that lay in our path to success. I feel confident that with the many talented people we have on this base, we’ll be able to meet the challenges facing us in the future. I’m excited to be here as a part of this great team. Now let’s “just do it.”

Top-Three Connection



(Photo by Don Peek)

By Chief Master Sgt. Charlie Brown,
94th Logistics Group, supply chief

I’m writing this month to clear up a situation I believe everyone should know

about. The situation I’m referring to is the Family Day softball game between the chiefs and the colonels. Specifically, there is a question concerning the official outcome of the game. I don’t know how it got started, but it looks like this competition is going to be one of those nasty rivalries that might compare to the Braves and Mets each September.

I’m not a sore loser - well, I’m still a little sore after that 35-foot stumble-slide I made into second base. The bleeding has finally stopped.

As a group, ten chiefs took the field last month to participate in a friendly softball game, true and blue, representing our enlisted ranks as agreed to with the base colonels.

When the colonels came to bat, I was surprised to see ‘Colonels’ David Pritchard and Robbie Walter picking up the wood for their side. For those of you who don’t know these guys, this could only have been the result of battlefield promotion for Master Sergeants Pritchard and Walter of the 94th Mission Support Squadron. They are mighty fine ball players. And, we all suspect their presence on the colonel’s side automatically disqualified the ol’ birds from taking home a real win.

I will admit though, the colonels would have kicked our butts without the assistance of some of our finest enlisted. I saw the look in Col. Kane’s eyes when he chased down that fly ball out there in right center field, and held on for the out. We were counting on him to drop that ball. But, Lt. Col. Gary Strasburg from 22nd Air Force never flinched as he kept snagging our shots to left field.

Naturally, we have protested the game to the Amateur Softball Association in Washington D.C. Chief Master Sgt. Bill Smiley, our starting catcher, will be going up there with our official affidavits later this month. Regardless of how it turns out, I’m sure the colonels are having a hard time sleeping at night knowing they could have had an uncontested win if they had not leaned on the enlisted folks.

Like the rest of our chiefs, I’m looking forward to next year’s rematch. We had a real good time playing against our colonels - even with the little twist they added. I hope they had as good a time playing us and are up to getting back on the field with us next year. In the meantime, we’ll all continue to work together to meet our unit and command goals.

Minuteman



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On the job with Command Chief Woods

By Chief Master Sgt. David Curtis,
Public Affairs

Last month, Georgia lost a football game to South Carolina, but several months earlier that state lost one of its favorites sons to Georgia, specifically to Dobbins ARB, when Command Chief Master Sgt. James Woods was named Command Chief Master Sergeant of the 94th Airlift Wing.

Coming from the 315th Airlift Wing at Charleston Air Force Base, S.C., Woods didn't take long to blend into the role of senior advisor for the wing. As a first sergeant for the C-17 and C-141 unit, he was administratively responsible for nearly 500 personnel spread across two weekend drills. The experience added to his list of credits that go back to Vietnam and provided him the problem-solving expertise he needed to propel him into the command chief's position.

As the command chief for the wing, this 30-year veteran is responsible for working with the wing commander to identify and resolve issues concerning the enlisted corps in the wing. With the welcoming ceremonies behind him and his office beginning to look and feel like home, Woods is finding time between meetings and events to start laying out an agenda for his turn as the enlisted leader.

"I'm not stepping into this job with the misperception that it's me who's going to make things change," said Woods about his new position. "It starts with people helping themselves. What I hope to be is a catalyst and a mentor for people to help themselves. I want to be there to listen, to understand, and to intervene when necessary." With years of aircraft maintenance behind him and a reservist since 1974, the new command chief knows first hand about everyday problems faced by today's reservists.

"My goal is to build programs for our enlisted people that are consistent across the board with everyone on the same playing field," he said. "And, it starts with the basics.

We need to be consistent and fair in everything we do, including quarterly awards for our enlisted people, Promotion Enhancement Program packages, and Enlisted Performance Reports."

"We also have some drawbacks for which I'll always be working on ways to make better," added Woods. "These include issues such as improving our clothing sales proce-



My goal is to build programs for our enlisted people that are consistent across the board with everyone on the same playing field, said Command Chief Master Sgt. James Woods. Woods assumed his new position in May. (Photo by Don Peek)

dures, motivating our people to complete their Professional Military Education, making our junior and senior NCOs more aware of leadership training, and working with our units to ensure our sponsorship of new members is on track."

Woods, who joined the Air Force in 1963, also wants

to champion a Chiefs Room in building 838. According to Woods, those at the rank of chief master sergeant should not only be mentors but should be setting expectations for new airman as well.

"When our new people see the room, they will know that their chiefs across the base take pride in what they achieved and that the rank is possible for everyone who strives to do their best," said Woods. Along with creating the Chiefs room, Woods wants to develop a formal Chiefs' induction ceremony.

While he is easy going with some issues, you won't want to rile him with a uniform that's not in regulation. "The first thing I notice about anyone is their uniform and if you wear it improperly, I'm going to tell you about it," Woods said, adding that he expected his senior NCOs to do the same.

"I've talked about some improvements we need to make, but I don't want to leave the impression that we're riddled with problems here at the 94th AW," said Woods. "I'm quickly learning that we have a great group here at Dobbins and it can only get better. I want to be a part of the enlisted corps here at Dobbins as it grows into a group that has the mechanism in place to resolve and handle its own problems."

Woods pointed out that last year's creation of a Dobbins Top Three, along with the Dobbins First Sergeants Association and Chiefs Group now make it possible for enlisted personnel to work closer together in sharing concerns and taking actions.

"Serving in the Air Force Reserve today is not easy," added Woods. "It causes stress and hardship on our families and our livelihoods. I've lived those hardships and hope that I can help others better understand how they can work around these stresses and hardships to have a better Reserve experience.

"Finally, I would like to say thanks to all of the men and women at Dobbins," concluded Woods. "They have truly made me feel welcome."

Air Force Sergeants Association update

By Senior Master Sgt. Brenda Calhoun,
22nd Air Force, Medical Programs
AFSA President, Chapter 452

I want to thank everyone for the outstanding support for the AFSA picnic in July. It was one of the highest attended events we've held on base. Even with the support, we are in need of more volunteers to help keep our organization rolling. We meet at 7 p.m. on the third Tuesday of the month in the 22nd Air Force building's media center. Stop by and visit with us. The meetings usually last an hour or so as we plan for activities in support of the enlisted corps at Dobbins ARB.

Also, thanks for everyone's work on the POW/MIA Tree Planting ceremony. This AFSA-sponsored event is a tradition at Dobbins, but it could not happen with-

out the support of other veteran organizations and Dobbins organizations.

I also want to share some AFSA news and upcoming events in which you can join in with us:

- * Our Thanksgiving dinner is at 6:30 p.m. on Nov. 21 in the 22nd AF building, our business meeting follows the dinner.

- * Chapter 452 is hosting AFSAs Division 4 convention here next spring. We can always use help in setting up and running the event.

- * If you are a member of AFSA, renew your membership through Chapter 452. We receive a higher percentage of the membership fee.

- * Our current chapter membership is approximately 1,200, a decline from previous years. If you are interested in joining our group or want more information, call me at (770) 919-3624.

Dobbins honor guard supports All-Star game



Members of the Dobbins Honor Guard participate in a joint forces presentation of colors during the July 11, 2000 Major League All-Star Game. The four-person team from Dobbins performed alongside four-person teams from the other military services. From left to right: Staff Sgt. Xavier Sanford, Tech. Sgt. Nathaniel Williams, Staff Sgt. Trent Morris and Tech. Sgt. Danny Wilson. (Photo provided by Atlanta Braves)

Herk Wonders



What do you think of the proposed change to expand the physical fitness test?

"I think it would be a good idea if we have more option to make it more physical. I wouldn't want to go back to the cycling test, but adding sit-ups and push-ups would be good."

Tech. Sgt. Wanda Greene, 22nd Air Force, Equal Opportunity Office

"I think the current three-mile walk isn't bad, but it would be better if we had a more scenic route. Still, I think it's a good idea to add push-ups and sit-ups. For the walk, I practiced walking everyday, and I think I'd continue doing the same if we changed the test. But I workout on a regular basis anyway, since I'm a member of the honor guard."

Airman 1st Class Latesha Bax, 94th Aeromedical Staging Squadron

"When I came into the Air Force Reserve from the Army in 1997, I recommended a 90-day transition for walking, with options for jogging, cycling and swimming because these [activities] are less stressful on body mechanics. Also, we should also be able to take the test in combat boots [since] we should train the same way we do in the field-in boots, not tennis shoes."

Staff Sgt. Paul Auld, 94th Aeromedical Staging Squadron

"The walk works just fine for me although sometimes it is a little boring. But I would be up the creek if it changed to cycling or swimming or something, because I can't swim. With the walk, I didn't have to work-up to it, and this year, I beat my time by 10 minutes."

Master Sgt. Cathy Bennett, 94th Aeromedical Staging Squadron

"I don't like the walk because it's very stressful on the body. I would prefer to run since I'm a regular runner. But if they shortened the walk and added other activities like push-ups and sit-ups, that would be good too."

Chief Master Sgt. Gregory Gamble, 22nd Air Force, Logistics

Operations Support Flight adapts to training mission

By Airman 1st Class David Atchison, Public Affairs

Cutting-edge technology, secret documents and highly skilled operatives are elements that you use to describe an action movie. You can also use them to describe the 94th AW Operations Support Flight.

The Flight's mission is to schedule flying missions and provide operational and logistical information and briefings to support the flying operations of the 700th Airlift Squadron. In its changing role, the

the addition of the student element, our job has changed. We're not deploying as much as we used to. Part of our mission now is to train the pilots, and we take it seriously. The briefings we give the trainee pilots prepare them for the types of situations they will face in an operational Air Force." Gibson assumed command of the unit in July.

The unit is divided into two sections. The Current Operations section plans for missions on a monthly and weekly basis. The section members work with the 700th AS and 94th Maintenance Squadron to ensure aircraft and crews are available and

tional status, crew maintenance information, and flight plans. Section members also provide flight charts, low-level routes and local area flight restrictions to student pilots.

"It's an action-filled job," said Maj. Kevin Greeley, wing electronics warfare officer. "For example, as members of the Tactics section, we were part of the first element to deploy to Ramstein Air Base, Germany, in support of the Bosnian conflict in 1996." In his role, Greeley is responsible for instructing the troops in the use of the C-130s aircraft defensive systems.

While logistical and operational data is the focus of the OSFs mission, the technology for obtaining and disseminating the data falls in the hands of technical support personnel, such as Senior Airman Richard Byrd, Jr., information management apprentice.

"My job is strenuous but rewarding," said Byrd, who ensures all the electronic and computer equipment used by the flight is successfully transported and reconstructed at the destination point while deployed. "Everything we use needs to have the capability to be moved at a moments notice. During our deployment for the operational readiness exercise in Gulfport, Miss., it took two days to organize and put together the equipment. The reward is when you see that equipment up and running and being used to fulfill the mission."

"Members of the 94th OSF pioneered some methods that are now Air Force standards," added Greeley. "To better fulfill our mission, we began using commercial computer industry standards for communications and business. Our programs and equipment have made our jobs more effective through faster calculation of data, such as all the variables in flight plans."

The section uses laptops, portable zip drives, fax machines, and CD writers to calculate information for maps and the computations needed for flight briefings for missions around the world or around Georgia.



Senior Airman Richard Byrd, 94th Operations Support Flight information management apprentice, enjoys seeing the hardware and software he configures fulfill the Air Force Reserve mission. (Photo by Don Peek)

unit is evolving from its traditional role of providing operational data to the squadron for missions around the world to providing the same type of data for missions in a training environment.

"Our goal used to be to fight and win, but now it's to train and win," said Lt. Col. Stanley Gibson, 94th OSF commander, describing the new training mission. "With

ready to go on missions.

While Current Operations conducts long-range planning, the Tactics section works on the day-to-day planning for the missions and briefing pilots on the mission. The section provides the briefings in real-world situations as well as in the classroom. A typical briefing includes mission objectives, crew composition, equipment opera-

Military Personnel Corner

Unit vacancies

If you would like to see which Air Force Reserve (non-ART) vacancies exist at Dobbins, you may review the Dobbins vacancy list. The list is updated monthly and provided to each unit's senior ART and commander and should be posted in each respective unit for your review. The master list is maintained in the Military Personnel Flight Personnel Employment section and is updated as positions are filled. If you see a position in an AFSC you currently hold and you are interested in applying, contact the senior ART in the unit in which the vacancy exists and request he/she block the position for you. If the position is in an AFSC other than one you currently hold, then you would have to re-train in order to move into the position. Therefore, you should contact your unit education and training manager to review a copy of AFM 36-2105 (Officer Classification) or 36-2108 (Airman Classification). Also,

check with your unit orderly room to find out if you are eligible to re-train IAW AFM 36-8001, Chapter 8 (The AF Reserve Retraining Program). You may also access the above manuals on the Internet at <http://afpubs.hq.af.mil>. These references must be checked to determine whether or not you are eligible to apply for re-training. If you meet all of the prerequisites as outlined in the above governing directives, your unit orderly room initiates the AF Form 3920 (Dec 97 edition), Sections I and II. You must complete and sign Section I. The AF Form 3920 is then forwarded to 94th MSS/DPMSA (Personnel Employment) for further processing. It is also recommended that you contact the senior ART in the unit where the vacancy exists and request he/she block the position for you. And, as always, you should discuss your intentions with your current unit as your commander has approval/disapproval authority for your transfer. For more information, call (770) 919-4882 or (770) 919-5674.

Memorial honors Services member

Story and photos
by Master Sgt. Mike Pope,
22nd Air Force Public Affairs

In a ceremony reflective of the grace and dignity of the woman it honored, Master Sgt. Diann P. Harris was memorialized by her immediate and Air Force Reserve family during the September UTA.

To ensure Harris' memory will not easily be forgotten, a plaque outlining her commitment and accomplishments to the 622nd Services Flight was placed on the memorial wall at the Air Force Reserve Services Combat Training School at Dobbins ARB. Her memory is now alongside others who lost their lives and made major contributions to the Services career field. She is now part of the Prime RIBS Memorial Flight.

With over 18 years of military service, Harris fell victim to cancer at the age of 44 after a two-year battle with the disease. She died on April 17, 2000.

Col. William Haber, commander, 622nd Regional Support Group, presented Harris's son Boukari and daughter Ywassa, with the Gold Star Pin. The pin is presented to family members in recognition of the valuable service, outstanding achievement, and contributions that the military member made as a Gold Star performer.

"I have always been impressed by her quiet and reserved professionalism," said Haber. "She was always willing to lend a hand to her fellow reservists and will be sorely missed," he said.

The family members were also presented with a posthumous Meritorious Service Medal for Harris's outstanding performance as services supervisor at the 622nd Services flight.

Her co-workers remember her as one of the most strong-willed, toughest and determined people they knew. "To me, her wonderful ability to reach her goals seemed to personify her," said Lt. Col. Carl D. Strohl, 622nd Services Flight commander.

"By being able to raise two children as a single parent, finish her college degree, attain her career dream of being a school teacher and a career Air Force reservist, she is one of the greatest examples of strength, independence, and belief in self and higher power that I know. She was just a wonderful person," he said.

That strength again proved significant for her and her co-workers at the 622nd as she and five other staff members stood up the newly-born 622nd Services Flight in June 1995. Through Harris' efforts as a strong team player, the newly formed unit received the Air Force Outstanding Unit Award in 1996.

Boukari remembers his mother as always being committed and a positive influence on his and others lives. "She influenced me and my close friend to join the Air Force, but I wasn't medically qualified," he said. "We all noticed how motivated she was when it came to serving in the Reserve. She was always excited about coming to the base and preparing for inspections or mobilizations. She was never the type to just settle for putting in her 20 years and getting out. I know she wanted to stay longer," he said.

"I remember being 10-years-old and watching my mother study for tests she had to take for the Air Force. She always taught me to strive for the best and settle for nothing less," said Ywassa.

Harris's memorial plaque will remain permanently on display in the lobby of the Services Combat Training School.



Lt. Col. Carl Strohl, 622nd Services Flight commander, presents a memorial plaque to Boukari and Ywassa Harris, son and daughter of Master Sgt. Diann Harris, during her memorial.



Lt. Col. Carl Strohl explains the significance of the memorial wall while Boukari and Ywassa Harris stand nearby and listen.

Security Forces members brush up on their skills



Far left: Tech Sgt. Lamont Brannon, 94th Security Forces Squadron assistant squad leader, and other flight members practice striking techniques with the expandable baton, a non-lethal weapon used for crowd control and self defense. (Photo by Airman 1st Class David Atchison)

Left: No! They re not rehearsing a scene from the movie Gladiator. Staff Sgt. Constance Satchell, 94th Security Forces Squadron fire team member, practices striking techniques with the expandable baton, a non-lethal weapon used for crowd control and self defense by the security force team members. First Lt. Eugene Smith, flight leader, is holding the protective padding to allow Satchell to execute striking movements with the baton. (Photo by Airman 1st Class David Atchison)

Family Day represents strong meaning

**By Senior Airman Micky Cordiviola,
Public Affairs**

As small rays of light broke through the thick layer of clouds, a small city seemed to have emerged from the empty space that separated the picnic area from the lake. The voices of laughter from members and their families filled the tables with such a force that the loud music in the background was reduced to a mere distant sound.

Family Day provided a little bit of everything for all members of the family. The children rushed through the many different attractions that filled the area while others delighted in the various foods offered. Paddle boats, fishing, softball and volleyball were a few of the many activities available to those family members who felt the urge to play with their children or to just rekindle the child inside themselves.

While sports activities may have taken a majority of the space, small grassy areas covered with plush green trees provided by nature shaded those looking for tranquility.

Even though Family Day may be viewed by some as a day to just lay back and relax from the hectic normal drill schedule, a much stronger meaning can be gathered from the day.

“Family Day is a symbol of how the Reserve recognizes the family,” Said Gary Cooper, husband of Tech. Sgt. Angie Cooper, chief, Base Training. “The big issue in the world today with the work force is the concern for families and how they suffer due to heavy job loads. Family Day promotes family values and also shows how the government promotes family-oriented events.”



Gary and Angie Cooper attend Family Day with their children. Angie is the 94th Mission Support Squadron s chief, Base Training. (Photo by Don Peek)



Brig. Gen. Jose Portela, 22nd Air Force vice commander, gets a good pitch during the Colonels and Chief game. The colonels walked away with a disputed victory. (Photo by Don Peek)



Above left: For those of you who wondered, there really are fish in the lake as shown by proud fisherman, Ethen Maury. (Photo by Don Peek)



Above right: Staff Sgt. Debora Parris, 94th Maintenance Squadron crew chief, goes for a ringer during a game of horseshoes. (Photo by Don Peek)



With all the excitement around them, this duo finds time for a leisurely cruise around the lake. (Photo by Senior Airman Michelle Stevenson)



Wing Commander Col. William Kane takes a dunk as Rick Ross of Services shows a young family member how the dunk booth works. (Photo by Don Peek)



The idea of this game is to run as hard as you can only to be yanked back to where you started as this youngster is finding out. (Photo by Don Peek)



Volleyball has been a real crowd-pleaser sport during Family Day. (Photo by Don Peek)



Patiently waiting for the big one to strike, this fellow is a part of a growing tradition. Each year Family Day has grown as more and more reservists are bringing their families to enjoy the afternoon with them. (Photo by Don Peek)



What would Family Day be without cotton candy. Along with food and drink, families were treated to games, music and activities as a show of appreciation for their support of the Air Force Reserve. (Photo by Senior Airman Michelle Stevenson)

October UTA Schedule

*Please note this schedule is subject to change

Schedule of events, Saturay, Oct. 14

TIME	ACTIVITY (OPR)	LOCATION
0700-0830	OPEN RANKS/SIGN IN (CC)	UNIT ASGND
0730-0800	WING ELEMENT STAFF MTG	BLDG 838/RM 1202
0730-0900	NEWCOMERS INTRO	BLDG 838/WCR
0730-1600	COMBAT ARMS TRAINING	SFS RANGE
0800	ANNUAL WALK	FLIGHTLINE
0900-1100	NBCWD TNG (REFRESHER TNG)	BLDG 838/RM 1322
0900-1600	NEWCOMERS ORIENTATION	BLDG 838/RM 1202
0930-1030	OJT MGRS MTG	BLDG 838/RM 2304
1000-1100	PCIII WORKERS GP (OCT/JAN/APR/JUL)	BLDG 827/RM 208B
1100-1200	FIRST SERGEANTS GP MTG	94AES/BLDG 732
1300-1500	CDC EXAMS	BLDG 838/RM 2304
1300-1500	NBCWD TNG (REFRESHER TNG)	BLDG 838/RM 1322
1300-1400	"BUDGET PREPARATION" (FR)	BLDG 838/RM 2313
1500-1600	DEPLOYMENT MGRS MTG	BLDG 838/ WCR
1700-1800	DINNER (SVF)	VERLHULST HALL
AS REQUIRED	SIGN OUT (CC)	UNIT ASGND

Schedule of events, Sunday, Oct. 15

TIME	ACTIVITY (OPR)	LOCATION
0645-0730	OPEN RANKS/SIGN IN (CC)	UNIT ASGND
0730	PHYSICAL EXAMS (AIRCREW)	NAVY CLINIC
0730-1600	COMBAT ARMS TRAINING	SFS RANGE
0800-1100	IMMUNIZATIONS	NAVY CLINIC
0800	PHYSICAL EXAMS (NON-AIRCREW)	NAVY CLINIC
0800-1200	MASK FIT TESTING UNIT:94CBCF	BLDG 838/CWD CLASS
0830	OCCUPATIONAL PHYSICALS	BLDG 550/RM 201
0900-1000	YELLOW FEVER SHOTS	NAVY CLINIC
0900-1000	TOP 3 MTG	TBD
0900-1000	FR UNIT POC MTG (FR)	BLDG 838/RM 2313
0900-1200	CDC EXAMS	BLDG 838/RM 2304
1000	IG COMPLAINTS	BLDG 838/RM 2105
1000-1100	ESGR MTG	BLDG 838/RM 2121
1000-1030	ENL ADVISOR COUNCIL MTG (SEA)	BLDG 838/WCR
1000-1100	30-DAY RECORD REVIEW	BLDG 838/RM 1202
1130	CMDR'S WORKING LUNCH	COM (MARIETTA RM)
1300-1400	FLYING SAFETY	BLDG 727/700 AS
1300-1500	IMMUNIZATIONS	NAVY CLINIC
1300-1400	FLYING SAFETY	BLDG 727/700 AS
1300-1600	MEO EO-2000 TRAINING (SA)	BLDG 838/RM 1202
1315-1400	SUPERVISOR SAFETY TNG (MAR/JUN/SEP/DEC)	BLDG 744/ 2ND FL TNG RM
1500-1600	NEWCOMERS MTG (94AW/CC) (MAR/JUN/SEP/DEC)	CONSOL CLUB
1545-1630	SIGN OUT (CC)	UNIT ASGND

October is fire prevention month

By David D. Harris

Fire Department, assistant chief

This year’s fire prevention theme is: Fire Drills “The Great Escape!” When consumers go shopping for a smoke alarm, cost is often the deciding factor. But many people don’t realize that there are different types of alarms, which may meet different needs.

The two major options are ionization and photoelectric alarms. The ionization devices are less expensive and thus more common. But they can also be purchased with long-life lithium batteries, which bring the price up to between \$10 and \$15. That’s comparable to the cost of a photoelectric alarm, whose batteries often only last a little more than a year. Although both alarms will alert people to fire, the ionization devices are ideal for detecting an open flame, while the photoelectric are better at noting smoldering fires, such as when a cigarette

burns upholstery. We here at Dobbins ARB don’t believe the differences are great enough to counsel our clients to choose one type of alarm over the other. We strongly recommend that all families have either one or the other on every level of their homes. Perhaps the best choice would be to purchase a combination alarm, which is now available for around \$25.

Other statistics from this past year:
* Fire deaths totaled 3,570, a decrease of 11 percent from 1998;

* Every 17 seconds, a fire department responds to a fire somewhere in the country;

* A house fire occurs every 8.5 seconds, a civilian injury every 24 minutes, a civilian fatality every 2.5 hours;

* Fires rose 4 percent to 1.82 million and property damage was up 16 percent to just over \$10 billion.

So please be mindful of these facts because it still seems like it will be a long time before you put us out of business.

The benefits of exercising

By Staff Sgt. Houston Gilliland, Jr.
94th Aeromedical Staging Squadron

If you eat too much at one meal or splurge on a high-calorie snack, don’t fret. You can burn up those calories and keep your weight down simply by increasing your activity. With added exercise you don’t have to cut back on calories as much as when you are relying on dieting alone, therefore, it’s easier to get the nutrients you need. In other words, exercise can really pay off. It can also help keep pounds off after you’ve reached your desired weight goal.

If you have only a few pounds to shed, you can do it by being a little more active and eating less than usual. However, if you’re determined to lose a lot of weight, try combining an activity, such as dancing, walking, or bicycling, with a moderate decrease in caloric intake.

It’s a myth that exercise increases the appetite preventing weight loss. In fact, the President’s Council on Physical Fitness and Sports notes that moderate exercise does not increase the appetite of obese people.

Before you start an exercise program, however, check with your doctor to help determine what type is best for your age and general physical condition. The President’s Council on Physical Fitness and Sports recommends activities that are enjoyable, convenient, and can be performed regularly. Gardening, jogging, swimming, bowling, ice-skating, basketball, volleyball, tennis, and softball will all help you reach your weight-loss goal. Don’t overlook walking. It’s practical and requires no special skills, training, or equipment.

Remember, the more actively you participate the more calories you’ll burn.

Chaplain’s Corner

By Chaplain Timothy M. Broughton,
Base Chapel

My son brought home his school yearbook a couple months ago. One of the main pictures he wanted me to see was that of his class. He showed it to me with a sense of gratification and asked me to pick the fastest runner in his class. I looked at the height, weight and overall size of his classmates. As I compared the students I chose the child that I thought looked like a runner. After making my decision, my son turned to me, laughed and said try again. I went through this exercise several times and each time I made the wrong decision. The selection surprised me. The child my son pointed to looked like the most unlikely runner in the crowd, but my son assured me that he had no equal. What a wonderful lesson my son had just taught me. The child he pointed to may not have resembled a runner, but his actions served to contradict his appearance.

In life, people often surprise us, for better or worse. People chosen to succeed often fail; those we label hopeless often achieve greatness. The coward sometimes becomes a hero; the one we believe is unafraid is likely to run when called to face uncertain circumstances. The awkward, stumbling child sometimes becomes the star athlete. It is not easy to predetermine what a person will be or do. This is one of God’s great mysteries. Let us not, therefore, be so quick to judge anyone. But in each person we meet let us see in them the potential of greatness.

Unit Family Support Groups

A 94th unit Family Support Group is an organization of family members (both immediate and extended such as mothers, fathers, aunts and uncles), volunteers and members, as well as others interested in the welfare of the service member (fiancees, retirees and friends). The FSG provides an avenue of mutual support and assistance, and a network of communication between family members, the chain of command, and community resources. No two FSGs look alike. For example, a Security Forces Unit FSG will not look like a Medical FSG. In addition, FSGs may not be the same due to the mission or the group dynamics of the members.

Well-trained and equipped airmen, who perform their assigned mission to the best of their abilities plus well-informed and resource families who are capable of successfully sustaining periods of deployment of undetermined length, equal total unit mission success.

There are many variables in starting and managing a FSG:

A 94 Unit Family Support Group is not a:

- * Baby-sitter
- * Community taxi service
- * Financial institution
- * Professional counseling service

Purpose:

The primary purpose of any FSG is to encourage self-sufficiency among its members by providing information, referral assistance and mutual support. Family Support Groups do not encourage or foster dependency.

Common Goals:

- * Welcoming new families
- * Developing and providing copies of telephone trees to FSG members
- * Assisting family members in focusing on and understanding the unit mission
- * Providing social and emotional support
- * Sponsoring briefings throughout the mobilization or deployment process
- * Providing information and referral to appropriate agencies
- * Developing family support networks through which families can mutually support each other
- * Educating families on benefits and entitlements during both active and inactive status and upon federal active duty mobilization
- * Encouraging family members to participate in unit social, recreational and ceremonial activities

An understanding of information about the 94th AW is the most frequently expressed need of Reserve families. A well-informed family is committed to and supportive of the Reserve member. Lack of information creates confusion, anxiety, conflict and discontentment with the Air Force Reserve lifestyle, which may affect retention. The 94th AW unit FSG program benefits both recruiting and retention by enhancing unit strength, unit effectiveness and mobilization potential. Educating families is the foundation and framework for promoting the quality of life for airman families in the 94th.

Family problems associated with membership in the Air Force Reserve can be greatly reduced if families are properly informed. Commanders should offer families the opportunity to participate in group or individual orientation briefings concerning the unit, its mission, and the role of the 94th within six months of the member’s assignment or within three months after return to the unit from Initial Active Duty for training. This orientation will be offered to the family members of personnel enlisted, appointed or transferred into the unit, and new families of currently assigned personnel. Commanders should include published Family Readiness information in a new-accession packet for airmen to take home to family members.

Commanders are encouraged to provide the orientation during initial in processing of the Reservist or at least quarterly. Group sponsored orientations and Open House activities should include those existing family members who have not recently or never had an orientation.

Each unit is encouraged to publish a newsletter to be mailed to each member’s home or as part of the Wing’s “Minuteman.” Newsletters should provide information related to upcoming unit events and training requirements, family briefings and FSG activities. It is further recommended that space be provided in unit newsletters for FSG sponsored activities. Commanders are encouraged to assist FSGs in publishing FSG newsletters by providing mailing lists and postage.

For more information on FSGs, contact J. Ealy Ritter at (770) 919-5004.

Golf tourney

It's time for the 2000 Annual NIT Dobbins Golf Tournament. This year's golf outing will be at the Bridge Mill Athletic Club and will begin with a shotgun start at 8:45 a.m. on Monday, Oct. 23, so be there by 8:15 a.m. It will be a four-person scramble team format and is open to anyone—no matter your skill level! Cost is \$50 (\$60 for non-DOD) which includes green fees, cart, practice balls and prizes. Many door prizes will be given away to include a weekend stay at the CNN Omni Hotel. Cash only payments can be made to Maj. Steve Reynolds no later than Oct. 18. The event is limited to the first 18 teams. For more information, call (770) 919-4107.

Master's degree offered at Dobbins

Central Michigan University will be offering a Master of Science in Administration degree at Dobbins beginning in January. There will be an informational meeting Saturday, Oct. 21 at 10 a.m. at CMU Atlanta, 2812 Spring Road, Suite 100, Atlanta, Ga. 30339. For reservations, call Danita Jones, (770) 438-0505, ext. 104.

Security Forces First Sergeant vacancy

The 94th Security Forces Squadron is looking for a dedicated master sergeant or promoteable technical sergeant for a first sergeant position in the January - March 2001 timeframe.

An administrative or personnel background is preferred, and a security background is not required. Nor is the individual required to perform security duties.

Packages are due to Military Personnel by Oct. 27. The packages will then be reviewed and RIPs will be ordered. The board will meet on Sunday of the November UTA. Selection is tentatively set for the December UTA.

Interested personnel should review AFI 36-2108 for qualifications as well as duties and responsibilities of the First Sergeant position. Persons interested in the position need to contact the 94th Airlift Wing Command Chief Master Sgt. Woods or the 94th Security Forces Squadron Commander Maj. Bill Forshey.

Football frenzy

Are you ready for some football? Club members who enjoy football can win prizes including trips to major football events at the Dobbins Consolidated Club this football season. "This year's Football Frenzy involves exciting new giveaways," said Josie Cooper, club manager. Just stop by the club Friday evenings between 4 - 6 p.m. and you could win some great gifts.

The club will also host a "Super Bowl Party" on Super Bowl Sunday. The club will be giving away prizes at the party such

as: one \$150 MasterCard gift card, "Football Frenzy" T-shirts, and much more. You must be present during the Super Bowl in order to win prizes. For more information regarding "Football Frenzy" or the Super Bowl Party, call (770) 919-4975.

Membership drive

The Dobbins Consolidated Club kicked off its annual membership drive Oct. 1. Between now and Dec. 31, each new club member and each current member who refers a new member will receive a \$10 gift certificate for an evening dining experience in the club any Wednesday, Friday or Saturday. To round off the membership drive, a grand-prize drawing will be held during the Jan. 13 membership night. One of the grand prizes will be a DVD player. The other prize is just that....a surprise. Sign up now and immediately reap the benefits of club membership. It costs nothing to join. Just fill out an application and you will be billed either \$5 per month for enlisted personnel or \$6 for officers. There are no sign up fees or annual charges. Call the club at (770) 427-5551 or ask any Services employee for more information.

Racquetball challenge

The Dobbins ARB Fitness Center will be hosting a racquetball challenge tournament during October. The tournament will take place from Oct. 2 - 29. The times of the tournament are open to fit any schedule. Prizes will be awarded to the top three finishers. For more information call the Fitness Center at (770) 919-4872.

Fun run

Don't fall, but run! Run in the Fun Run at the Fitness Center on Oct. 18, starting at 11:45 a.m. This two-mile run will take you on a cross-country tour behind the Fitness Center, Building 486. T-Shirts will be given to all participants. You must sign up by Oct. 13 to participate. For more information, call the Fitness Center at (770) 919-4872.

50% off camping equipment

Take your family and friends into the wilderness one last time this year with this special rental offer. From Oct. 30 to Nov. 15, you can rent all camping equipment for 50 percent off the listed rental price. This includes all equipment except the Aerolite campers, which still leaves you plenty to choose from. Take a look at the all-new A-Line campers, pop-ups and our great selection of other camping gear. The great outdoors never looks better than in the fall of the year. An offer like this only comes around once a year.

Super Bingo

Super Bingo returns to the Dobbins

Consolidated Club Nov. 16. You could take home up to \$4,000.

Make plans to attend today and get to the club early. The "Early Bird" game will be called at 6:45 p.m. All cards go on sale at 5 p.m. Super bingo begins at 7 p.m.

A house pack purchase is required for entry into the playing room. House packs include every game and are only \$25, with additional house packs at \$15.

A valid club card is required for play. Members may bring a reasonable number of guests; however, guests must be signed in and accompanied by the member. Anyone eligible for club membership will not be considered eligible for a guest pass. Individuals 16 years of age or older are eligible for play.

Thanksgiving buffet

Spend less time slaving over a hot oven this Thanksgiving and spend more quality family time. Let the Consolidated Club serve your Thanksgiving dinner. The buffet will be served Thursday, Nov. 23 from 11 a.m. - 2 p.m. The menu will feature hand-carved tender roast beef and delicious honey baked ham, turkey and dressing, sweet potato soufflé, corn and green beans. There will also be plenty of your favorite gourmet salads and desserts. To make reservations, please call the club at (770) 427-5551. Adult member price is \$12.95; children 4-12 eat for \$6; and children under 4 eat free.

New Year's Eve

The Consolidated Club will once again host its annual New Year's Eve party on Dec. 31. Tickets go on sale at 9 a.m., Dec. 5 for \$35 per person. The ticket price includes your choice of chateau briand or potato crusted salmon with all the trimmings. Also included is a split of Champagne to be served at 11:45 p.m. and breakfast will be served at 12:30 a.m. Party hats, favors, and decorations are also included. The entertainment for our celebration will be Marque Cooper.

A lodging representative will be on hand Dec. 5 during the New Year's Eve ticket sales. If you would like to make a lodging reservation for the New Year's Eve party you may do so at this time. Payment (non-refundable) is necessary at the time of reservations. Please be aware these are space available reservations and are subject to change due to military requirements.

Vehicle purchase

Did you know that vehicles are purchased under a different set of funds other than your normal O&M funds? Below are some helpful hints. If you have any questions call Willie Young at (770) 919-5014.

a. Authorizations to purchase equipment with environmental funds must comply with AFI 65-601 and related statutory authority. Both statute and regulation require that equipment items, which exceed

\$100,000 must be purchased using 3080 O&M funds rather than environmental 3400 O&M funds. Requests for 3080 funds are made to each wing financial management board and are managed by the wing financial officer at each installation. Failure to comply with these rules could result in violations of the Antideficiency Act, with possible associated criminal penalties.

b. Adjustments to vehicle requirements are requested using AF Form 601 (see AFI 24-301) through the host transportation squadron and approved by wing logistic group commander, who is the authority for vehicle authorizations. Purchase of vehicles is regulated by federal law that controls the purchase of passenger-carrying vehicles for government use. Under Title 40, Section 491, only the minimum number of vehicles necessary to support the mission are authorized.

Uniform issue

For issue or replacement of uniforms and uniform items, contact your first sergeant or orderly room personnel. Uniforms are purchased by the individual's squadron using centralized funds. Once you receive the appropriate paperwork (AF Form 656), you must go to Clothing Sales to pick up your items. Clothing Sales is located at NAS Atlanta, Bldg. 81, (770) 428-4711. Hours of operation are 11 a.m. - 5:30 p.m. Sunday and Monday and 9 a.m. - 5:30 p.m. Tuesday-Saturday. For questions on uniforms, patches or stripes, contact your unit orderly room.

Sewing contract

Needle & Thread Alteration Shop, 191 Garrison Road, Marietta, Ga., (770) 423-0242, has the base contract for sewing on uniform stripes and patches. Hours of operation are 7:30 a.m. - 5:30 p.m. Tuesday-Friday and 9 a.m. - 3 p.m. on Saturday. The shop is closed every day for lunch from noon - 1 p.m. No form is needed for enlisted personnel only.

Get a winning smile

The Air Force Reserve now offers low-cost basic dental coverage. The Department of Defense, working in conjunction with Humana Military Services, is pleased to present the Tricare Selected Reserve Dental Program. In order to provide this service to Reservists at an attractive monthly cost, the Department of Defense is covering 60 percent of the total premium make the monthly payment only \$4.12.

For more information, contact the Humana Military Healthcare Services' beneficiary service representatives at (800) 211-3614 or visit their website at www.humana-military.com.

Glowmobile

The Georgia License On Wheels

Newly Assigned

Lt. Col. James N. Stewart
Maj. Thomas Carney
Maj. Darren Sears
Capt. Cynthia B. Camp
Capt. Edrick L. Ferguson
Capt. David A. Scott
Master Sgt. James Garrett
Master Sgt. Anthony N. Rosh
Master Sgt. Emily Samfield
Tech. Sgt. Jinjura J. Lynch
Tech. Sgt. Anthony D. Parker
Tech. Sgt. Shirley Shallies
Tech. Sgt. Alan D. Shankle
Tech. Sgt. Karen R. Smith
Tech. Sgt. Michelle L. Tuisini
Staff Sgt. Jason Hawthorne
Staff Sgt. Steve J. Kim
Staff Sgt. Kevin Lechner
Staff Sgt. Marvin T. Martin
Staff Sgt. Erica Shelton
Senior Airman Frederick A. Cephas

Senior Airman Alina V. Hatcher
Senior Airman Jessie J. Jackson
Senior Airman Renardo A. Lee
Senior Airman Michael D. Levant
Senior Airman Chantel Parker
Senior Airman Clarence L. Ray
Senior Airman Elias Correa
Airman 1st Class LaGressa Gomilia
Airman 1st Class Mary T. Killingsworth
Airman 1st Class Chester L. Lachowicz
Airman 1st Class Adrian Lewis
Airman 1st Class Brian McCullum
Airman 1st Class Thalmus Porter
Airman 1st Class Jennifer Vandeheuvel

Promotions

To Chief Master Sgt.
Dana F. Mason

To Master Sgt.
Luis A. Agredo
Geambro L. Anderson

Eric L. Carbonell
Mark P. Corradino
Calvin V. Evans
John M. Francis
John Goodwin
Ronald L. Little
Matthew A. Priser
Shirley M. Shallies
Scott E. Shore

To Tech. Sgt.
Michael A. Benoit
Andrea M. Creary
Edward J. Ferency
Anthony Lord
Reginald Talley
Ronald L. Vehrs, Jr.
Jeff M. Wilson

To Staff Sgt.
Dana K. Callahan
Lamesha K. Long
Demetric M. Poole

Shorts (cont'd)

(GLOWMOBILE) will be in the base exchange parking lot from 10 a.m. to 4 p.m. on Friday, Oct. 13 and Friday, Dec. 1
This schedule is subject to change, and refer questions to Bobby Price at (770) 919-4830.

Family Readiness

Family Readiness continues to visit units to assist members with their personal

readiness plan. Family members should always know where significant documents are located, such as wills and powers of attorney, insurance policies, birth and marriage certificates and bank account numbers.
If you are interested in volunteering to join a Unit Family Support Group (FSG), contact Family Readiness. The FSGs will assist during times of mobilization or deployment. During the October UTA,

Family Readiness will be meeting with the 94th Security Forces Squadron to help them set up their FSG. Each month, Family Readiness will be meeting with a different unit.
On Saturday of the October UTA, Family Readiness will sponsor a class on "Preparing your Budget" in room 2313 of building 838. On Sunday, the unit points of contact will meet at 9 a.m. in room 2313 of building 838.

For more information, contact J. Ealy Ritter at (770) 919-5004. Outside of Atlanta, call (888) 436-2246, Ext. 9-5004.

Customer service hours

Hours of operation for customer service are Monday through Friday 8:30 a.m. - 3 p.m. During drill weekends the hours are Saturday 8:30 a.m. - 3 p.m. and Sunday 9 a.m. - 3 p.m.

Free Fall Fun is
Fall Fling 2000

Saturday, Oct. 14
Building 838, 4 - 8 p.m.

You and your family are invited to attend the Dobbins Fall Fling. This annual event is open at no cost to reservists, Dobbins employees, and retirees and their families and guests. Any contributions go back into Dobbins ARB activities.

On the Menu
Chili, Wings, Snacks, Drinks

On the Agenda
Chili, Wings and Game Competition
Retiree Reception and Tours
Entertainment
Displays
Aircraft
Door Prizes

On the Mark
For Everyone

Clergy Day 2000

The 94th Airlift Wing will be hosting a Clergy Day on Thursday, Oct. 26. This is an opportunity for your pastor/priest/rabbi to learn more about Dobbins and the mission of the 94th Airlift Wing. If you would like your clergy person to be invited, please fill out the information below and return it to the base chapel through the mail system.

Yes! Please invite my Pastor/Clergy/Priest/Rabbi (circle one) to the Dobbins Air Reserve Base Clergy Day on Oct. 26.

Name _____
Church _____
Address _____

Phone _____
Member name _____
Unit _____

Stars and Stripes champion

By Tech. Sgt. Stan Coleman
94th Airlift Wing, Public Affairs

Endurance! Stamina! Training-years of it and more training! These characteristics along with two hours of uphill pedaling, downhill coasting and gear shifting through mud and forest terrain earned Staff Sgt. John Bobelak, 94th Airlift Wing logistics planner, the title of first place winner in the 2000 Stars and Stripes Classic Military Mountain Bike Championship.

Bobelak competed against military members from all services in the Stars and Stripes Classic, which was held at the Georgia International Horse Park-site of the 1996 Olympic mountain bike course. Finishing second and third behind Bobelak were members of the Army team.

The race consisted of three laps on the eight-mile course. There was nearly 1,200 feet of climbing within the course in addition to 3,600 feet of going up and down hills.

At age 30, Bobelak's busy schedule doesn't reflect the life of the average middle-aged American. He's a husband, reservist, student, mountain biker, and a guy who has earned the classification of expert by the number of races, top-five placings and wins, from participation in mountain bike competitions. The number of wins Bobelak achieves in major competitions may well make him a "pro" classi-

fied biker and a 2004 Olympic Games contender.

Mountain biking originated with a California college student who, in 1953, stripped down his regular bicycle and installed multiple gears, caliper brakes and straight handlebars for off-road use. The first organized competitions were held outside San Francisco in the early 1970s, where members of a local club would race their modified bikes down twisting mountain roads. The sport became an official Olympic event during the 1996 Olympic games in Atlanta.

But competition in this less than 25-year-old sport has its price. "I train for an average of three hours everyday," said Bobelak. "Mountain biking is an endurance sport. Upper body strength is just as important as leg strength. I work out with weights in addition to riding my bike."

Constant training isn't the only price to pay for mountain bike competition. There's the cost of good, lightweight, titanium frames retailing for as much as \$3,000 plus. "Along with the purchase of a titanium mountain bike frame, I built my bike piece by piece. My total cost is more than \$4,000," said Bobelak. Other equipment includes, helmet, cycling shoes, cycling computer to monitor heart rate, gloves, and cycling jersey and shorts.

"Time management is a reality in my life," said Bobelak, whose wife Julia has raced in Europe. "I'm in school, I'm working and I have homework in addition to being a logistics planner in the Air Force Reserve. Julia and I have been married for seven years. She is very supportive and sometimes trains with me."

As a child, growing up in Warren, Penn., Bobelak suffered with a heart murmur. "My condition is characterized by a leaky valve, with one part of the valve being larger than the other. I didn't do any school sports back then," he said. "My interest in bicycle racing began with my brother racing in bicycle motocross competitions. I raced BMX bikes from the ages 10 to 17-years-old."

During Bobelak's first year in BMX racing he went from beginner to expert status. "I've always liked cycling," said Bobelak. "My parents were very encouraging. Between the ages of 10 to 17, I accumulated more than 200 trophies."

Bobelak's racing schedule during those years included outdoor and indoor events on Wednesday and Friday evenings and outdoor races on Saturday and Sunday. His winning performances earned him a sponsorship by a bicycle manufacturer. At age 17, Bobelak won the Pennsylvania state championship.

As young Bobelak got older, his attention turned to the military. "After winning the state championship I was burned out with cycling," he said. "I enlisted in the military as an avionics technician in August 1989." Bobelak served nine years in active duty status. He cross trained into the logistics career field in his ninth year and joined the Air Force Reserve in 1998.

"I've always enjoyed the discipline of the military," said Bobelak. "The Air Force Reserve, with benefits of the G.I. Bill, balances well with my full-time college studies. My military opportunities allow me to have it all and fits my lifestyle perfectly."

At age 24, Bobelak's interest once again turned to cycling. He became involved in mountain bike racing. He

has participated in more than 50 events in the last six years,



Rolling down a mountainside! Training for speed, upper body strength and occasional falls off the mountain bike gives Bobelak the confidence and the experience for mountain bike racing. (Photo by Don Peek)



Uniform of the day! The apparel and equipment for mountain biking isn't as inexpensive as the clothing for track and field. According to Bobelak, coming down a mountain bike trail may reach up to 40 mph, as well as maneuvering over rocks, logs and through streams. That kind of stress and punishment requires strong equipment and physical endurance. Equipment totaling more than \$4,000 is not unusual for expert and pro competitors. A strong bike frame made of titanium is a must along with safety helmet cycling shoes, biking attire and a cycling computer to monitor his heart rate. (Photo by Don Peek)

including competition in Europe. Even after my seven-year break from cycling, I found that I still love the training and the excitement of competing, said Bobelak. "The first time I competed on a mountain bike I knew that this was the sport for me."

"The intensity of climbing 600 to 1,000 of elevation and flying down the backside of a mountain at 40 mph is a great feeling. It takes skill, endurance, and mental focus as well as speed to perform well."

"Like all sports, you have to rely on your training in competition. Some guys really start off hard-giving it all they have at the beginning and then burning out. Establishing my own pace works well for me. You always catch those guys who start off hard."

Bobelak's strategy during the race includes visualizing the win. "When you participate in mountain bike racing you come prepared to suffer. Even with all the training you do on the road, you tend to push harder during the race. You can easily find yourself working at your maximum heart rate, gasping for air while you're trying to get water into your body at the same time!"

"I always feel there are ways to improve your life and competing in a tough sport has always been a great way for me to judge my improvements," said Bobelak. "It feels really good when you put a lot of time and energy in your training and put yourself through tough workouts and competition to finish a race and ultimately win. And I just feel better by being physically active."